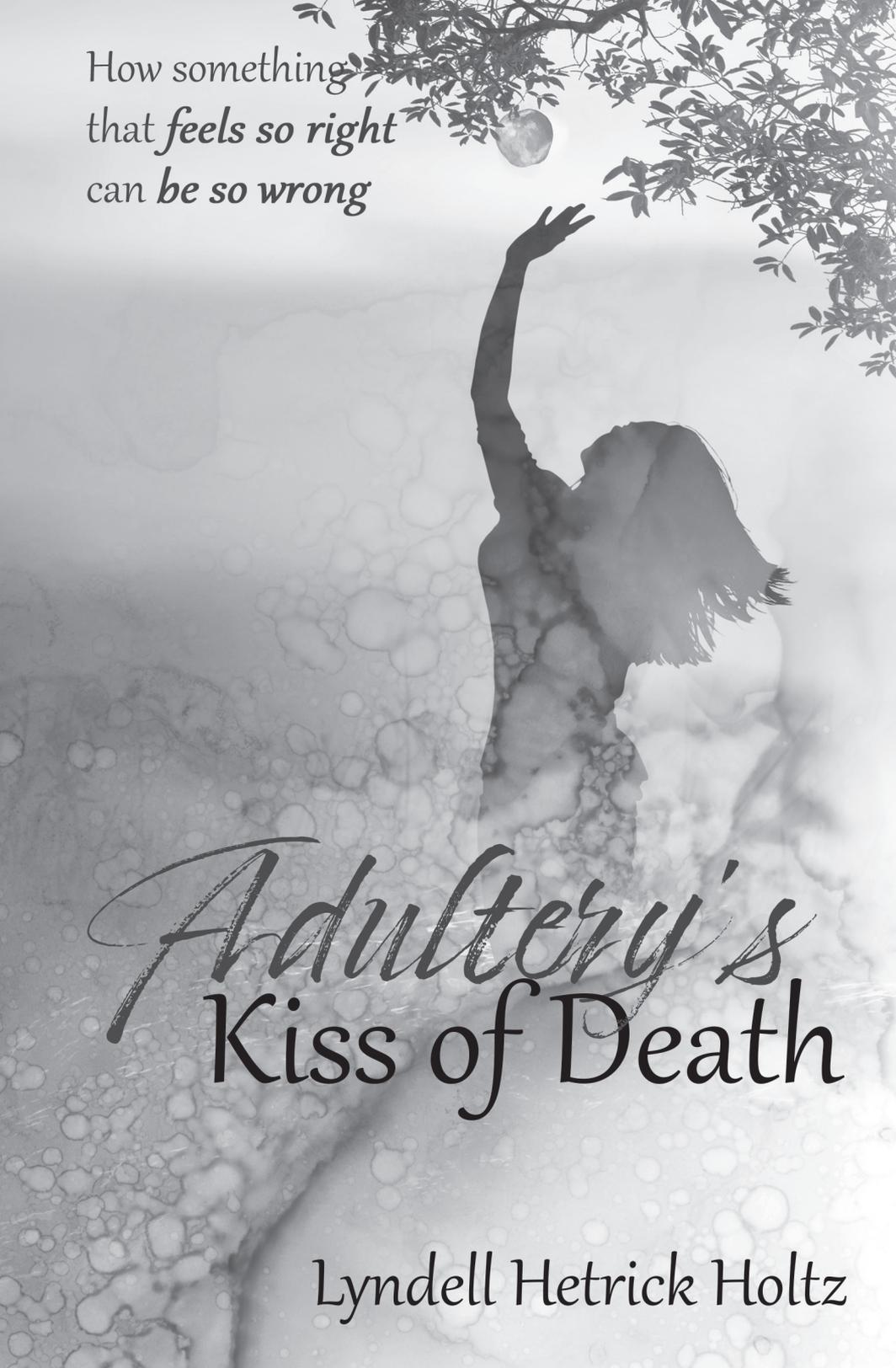
A woman in silhouette reaches up towards a single red apple hanging from a tree branch. The background is a soft, warm sunset with a bokeh effect of light spots. The overall mood is contemplative and evocative.

How something
that *feels so right*
can *be so wrong*

Adultery's Kiss of Death

Lyndell Hetrick Holtz



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Praise for:
Confessions of an Adulterous Christian Woman

Read this amazing book for the sake of your marriage.
— **Drs. Les and Leslie Parrott**
professors, authors, motivational speakers

This book will change your marriage and help you realize the far-reaching effects of your everyday choices.

— **Lysa Terkeurst**
President, Proverbs 31 Ministries
Author of multiple books including *Made to Crave*, *Radically Obedient*; *Radically Blessed: Experiencing God in Extraordinary Ways* and most recently, *Forgiving What You Can't Forget*.

I was privileged to meet Lyndell Holtz at a recent Christian Women's Luncheon. As she gave her testimony, there was not a dry eye in the room. Her testimony is honest and specific, acknowledging the consequences of adultery. But even more, her story testifies to the grace of a compassionate God who loved her, bringing her back from despair and brokenness, and ultimately restoring her marriage as well. I highly recommend her book to any woman who is entrenched in a difficult marriage and contemplating an affair. The grace of God is evident in every word of her story.

— **Bonnie Winters**
Mentor for writers and active in full-time ministry.
author of *Daughter of Scarlet* and *Daughter of Lot—Ruth's Story*.

If you feel alone, lost in darkness, and trapped in the tunnel of unfaithfulness, Lyndell's book is going to give you Light. I am telling this from my own story. This wonderful woman walked with me on the journey to recovery. She knew the aches which I had, she shared the burdens which I carried, and she spoke to my heart. I read the book over and over again at different stages of my recovery journey... I am no longer chained by my sinful past... and with the forgiveness and love of my husband, our marriage is restored. I am unable to undo my past, but I can choose to look heavenward and live a righteous and pure life again.

— **Stella**

My life, marriage and spiritual walk with God has been nothing but amazing. We are coming up on the 1 year anniversary of our 30 years of

married life almost falling apart. This journey I have taken with my husband has been the hardest but at the same time the best thing that happened to our marriage...after reading Lyndell's book and understanding that ANY woman can fall into the trap of unfaithfulness..knowing that I am not alone as a Christian woman, has been part of this healing process. I could not have done this healing process without her book...her book was my life.

— Justine

I chose to read Lyndell's book because I was seeking answers as to why I chose the path of adultery. My 10 year marriage had ended in divorce due to an affair. I was drowning in self hatred and seeking self forgiveness. Although I fell to my knees in tears while pinning my sin to the cross at church, I never truly believed God could forgive me. As I read Lyndell's book, I began to feel healing. Then, within the last couple of months, I hit a wall. I decided to sit and read Lyndell's book again. When I got to the part of cleaning your cup inside and out, I realized what was wrong. I had never revealed the complete truth to my ex husband about my physical intimacy with this other man; thus, I was cleaning my cup on the outside (as I have renewed my relationship with God and living by His Word), but was leaving the inside of my cup dirty with lies. I stopped right at that point in the book and called my ex husband. I confessed to him the truth. I long to be reconciled with him. But, no matter what happens, having revealed the truth to him will finally bring me peace. Thank you, Lyndell, for sharing your story. I couldn't have begun my path to healing without it.

— Nicole

Dear Lyndell... I want to thank you for opening up your heart and your past for my sake. You are a real gift from the Lord to the body of Christ... KEEP UP THE AWESOME WORK!!! I saw you on TBN I believe and immediately ordered your book. It has been a huge blessing. I just finished reading it, and the power of God was all over those words. Thanks for building my faith with the word of God.

— Claude

How I wish I had known about this book before I committed adultery. The shame and the guilt are unbearable at times and will always be before me. I too was one of those women who thought I would never do such a horrible thing. Don't be as naïve as I was! I have read many books in the past eight years and this book, by far, is THE BEST for the woman

in a marriage who has already fallen into adultery as well as the one who is tempted to. I guarantee you that any woman who hasn't fallen into an affair will never do so after reading this book. I am very grateful to God for guiding Lyndell to write this book.

— **Anonymous**

Praise for:
Adultery's Kiss of Death

I highly recommend *Adultery's Kiss of Death*. So vividly does Lyndell Holtz describe the battle she experienced through her own affair that one can almost feel the intensity of the conflict, smell the burning gunpowder and sense the anguish of war. She writes as one who has experienced it all: the early days of the affair with all its intoxicating thrills, the shattering of the bliss-filled fantasy and the devastation of its aftermath. But the story doesn't end there. She came through this terrific battle not only as a victorious survivor but as a godly woman. She faced the enemy and defeated him! And now she has the expertise and the authority to help others. But enough of this theoretical metaphor of war; allow me to bring it down to earth. If you have been tempted to or have actually experienced adultery, this book covers everything that is needed for you to emerge victoriously. I write that in all sincerity as one who has devoted his life to helping people come out of habitual sexual sin. *Adultery's Kiss of Death* puts into eloquent prose exactly what you are experiencing, the practical steps needed to overcome, and the tremendous rewards of putting this appalling experience behind you. If you've been seduced by adultery's kiss of death and long to be free, this is the book you need, and I encourage you to buy it.

— Steve Gallagher

Founder and President of Pure Life Ministries

Author of multiple books including *Intoxicated With Babylon*, *At the Altar of Sexual Idolatry*, and his latest, *Walking in Truth In a World of Lies*.

Holtz writes with conviction, emotion, and grace. She is not afraid to tell the truth—to her readers and herself. More importantly, however, she constantly points her readers to the One who is truth. Through her writing and her life Holtz holds out a promise that Jesus Christ, who is the Truth, is also the Way out of adultery and the Life lived after it and in the life to come. For those who stand on the edge of an affair or have already crossed the line into unfaithfulness, this book may very well be Christ's way of turning their hearts back to Him.

— Dr. Charles Cotherman

Author of *To Think Christianity*, taught Church History at Fuller Seminary and Pittsburgh Theological Seminary, founder and lead pastor of Oil City Vineyard Church, Oil City, PA.

My husband and I were led to Lyndell by divine appointment. I reached out to her after I had read her first book, *Confessions of an Adulterous Christian Woman*. Long story short, she invited me and my husband to her home in Pennsylvania and she and David spent a whole weekend investing in the rebuilding of our marriage. Lyndell speaks with truth and in unison with God's Word. I saw that in her first book—and I am sure that her new book will do the same. I am eternally grateful that God brought our paths together

— Nicki, wife, Mom to two adult children, and
faithful follower of Jesus Christ.

Lyndell's first book is not just for the unfaithful spouse, but for anyone who's suffering from the relentless grip of sin, bondage, or addiction of any kind. I have read a few chapters of her second book—*Adultery's Kiss of Death*—and, like her first book, you will see that Lyndell knows your battle well and comes alongside you as a friend to mentor and disciple you in an intimate way, full of grace and compassion. Lyndell tells you not what you want to hear, but what you need to hear—leading you away from the lies that first enslaved you and towards the Way of truest Love. And she speaks it with rawness, gentleness, wisdom, experience, and empathy. I've read dozens of marriage books, dozens of Christian 'self-help' books over the years, by the most renowned authors; and not one has spoken to me in such a piercing, compelling way. This book is theologically sound and wrought with truth from the Spirit. Read it yourself, slowly and thoughtfully, then gift it to everyone you know who shepherds a flock.

— Kerry, wife, Mom to four girls, faithful follower of Jesus Christ.

In *Confessions of an Adulterous Christian Woman*, Lyndell takes you on her personal journey through the valley of the shadow of death that an affair can only offer. With raw truth, compassion, and personal conviction she leads you back to the redeeming love of Christ. This book was the catalyst for me to return to the greatest love affair of all—with my Lord and Savior, Jesus Christ. I sit in joyful anticipation of her next book.

— Gina

Lyndell's first book saved my life, literally. When I read *Confessions of an Adulterous Christian Woman*, my family was going through infidelity, although I didn't know it at the time. I saw Lyndell and her husband on a Christian television show testifying about their life and her book. I knew

in my heart that something was going on in my marriage, based on the actions of my now ex-wife during that time. I ordered Lyndell's book... completed it in two days. It changed my life immediately. As I read her book, I was so blessed by her transparency and honesty; it was so revealing and therapeutic for a man who was hurting because the woman he loved was surely committing adultery with a married man.

I have no doubt that her new book, *Adultery's Kiss of Death* will be another liberating gem in a person's life. Lyndell writes from first hand experience what adultery and divorce can do to one who once walked with the Lord and the devastating consequences that are inevitable. Immorality is eating away at the very foundation of the Church and is occurring among believers at an alarming rate. No one seems to be concerned enough to speak the truth about this epidemic except for a rare few like Lyndell Holtz. And she speaks it well with great conviction, pointing us to our only hope: Jesus Christ.

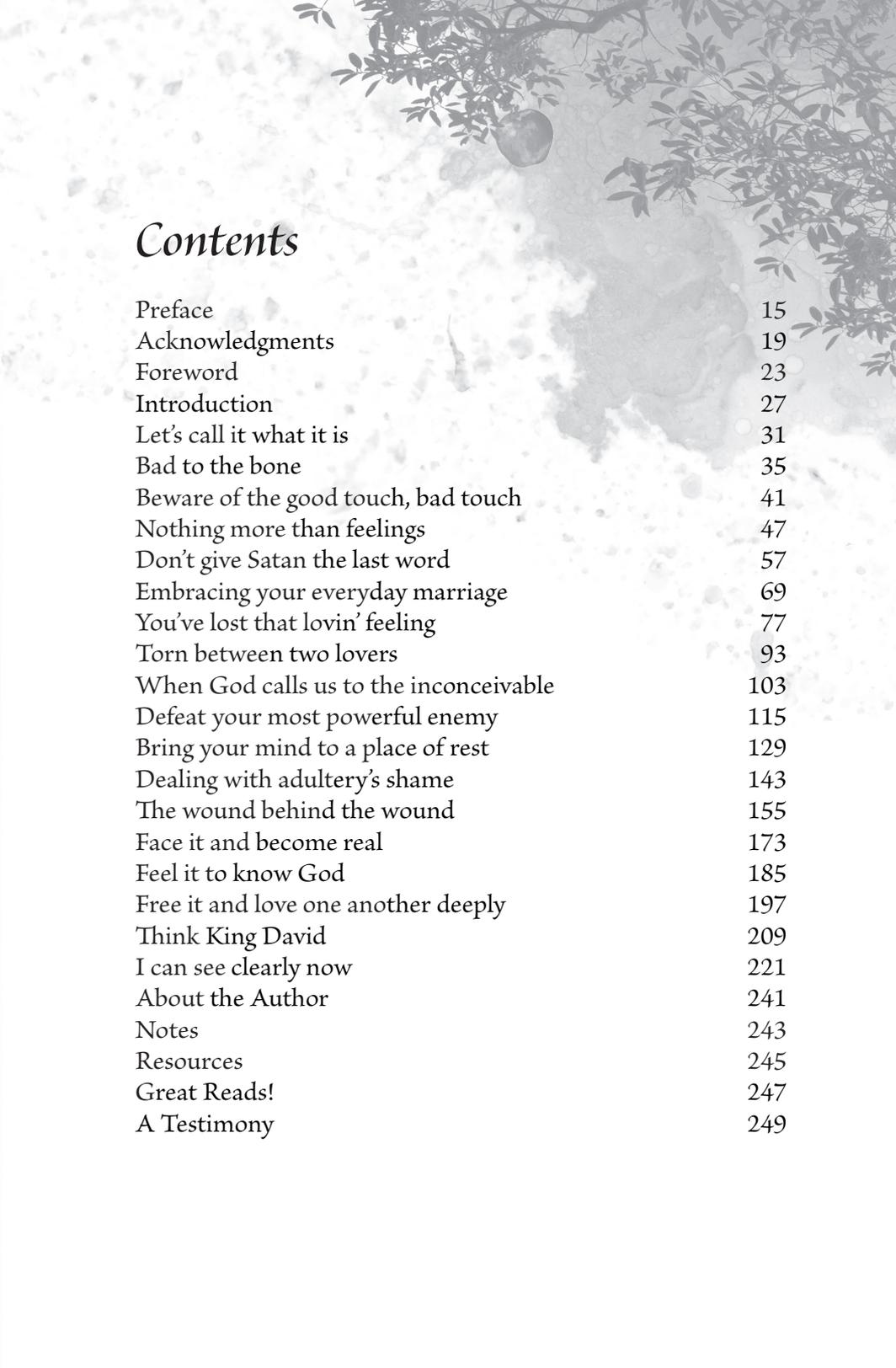
As you read, I encourage you to have pen, paper and hi-lighter handy so you can write down the insightful truths that God will surely reveal to your heart as you read Lyndell's book. She faithfully uses God's word to illuminate how we get into these dark holes and how to climb out if you want to. Freedom has a price and Jesus paid that price for you. Now He has tasked Lyndell to share prophetic truths that can truly liberate you from the dark shroud of immorality. She longs to tell you that what God has done in her life He surely can do in yours!

I have suggested her book to other couples that may be struggling with the same sin, and like myself, may be totally unaware of the darkness in their homes. Though my marriage ended, I will forever be thankful that Lyndell was willing to be vulnerable in order to minister to others as she has done to me.

— **Pastor Edward Williams**

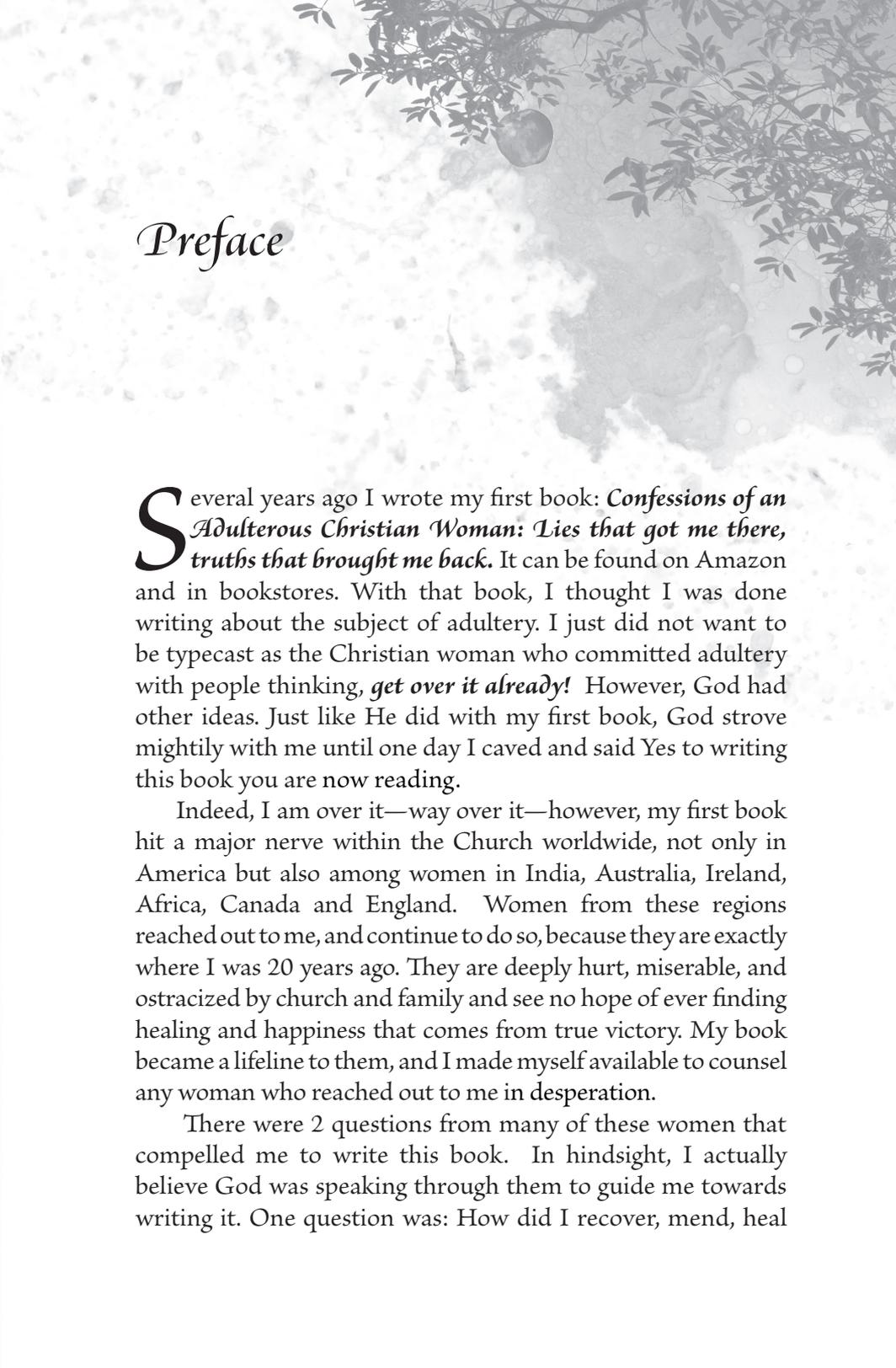
Minister, Chaplain, and Police Officer, Los Angeles, CA.

*To my parents, James and Donna Hetrick, who stood by me
without judging, without condemnation, when my world fell apart.
They opened their home and their hearts to me and daily lived out
their faith in Jesus by showing me unconditional love and mercy.
Their prayers and the faithful example they have been all my
life is why I am a passionate follower of Jesus Christ today.
Thank-you Mom and Dad.
Your ever loving and grateful daughter.*



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Preface

Several years ago I wrote my first book: *Confessions of an Adulterous Christian Woman: Lies that got me there, truths that brought me back*. It can be found on Amazon and in bookstores. With that book, I thought I was done writing about the subject of adultery. I just did not want to be typecast as the Christian woman who committed adultery with people thinking, *get over it already!* However, God had other ideas. Just like He did with my first book, God strove mightily with me until one day I caved and said Yes to writing this book you are now reading.

Indeed, I am over it—way over it—however, my first book hit a major nerve within the Church worldwide, not only in America but also among women in India, Australia, Ireland, Africa, Canada and England. Women from these regions reached out to me, and continue to do so, because they are exactly where I was 20 years ago. They are deeply hurt, miserable, and ostracized by church and family and see no hope of ever finding healing and happiness that comes from true victory. My book became a lifeline to them, and I made myself available to counsel any woman who reached out to me in desperation.

There were 2 questions from many of these women that compelled me to write this book. In hindsight, I actually believe God was speaking through them to guide me towards writing it. One question was: How did I recover, mend, heal

from the affair to the point of being content, free and happy? And secondly, would I ever consider writing a second book and publishing it on Amazon? I got where they were coming from. No one really likes to walk up to the bookstore counter carrying a title like this. Ordering it through Amazon would allow them to read my book in private. So, that's exactly what I did. With this book I have been able to answer their questions and many more.

At the end of each chapter there is a section entitled, "Let's Cut to the Chase." Each vary in length depending upon the topic; however, their mission is to drive you into a deeper reflection regarding the decisions you have either made or are intending to make. Each section of this book is written with you in mind, my friend. The many years that have passed since I engaged in the "kiss of death" have allowed me to gain a deeper understanding regarding my behavior. It has helped me in ministering to the countless women who have reached out to me. I've made peace with the fact that this is my ministry. God did not redeem me from my gross sin, restore my broken life, and reconcile me with those I love just so I would keep His marvelous grace and power—displayed in the midst of my greatest defeat—a secret!

Thus, with renewed conviction, I've answered God's call to be a minister of reconciliation for Him: to help others first be reconciled with God then, as the opportunity arises, be reconciled with those they have broken faith with. If you are a Christian, then perhaps you know that God is not only all about redemption, but also reconciliation. If you are not there yet, I pray that by the end of this book, you will know this for yourself.

My story is a pitiful one like so many. Change the names, change the settings but the theme is the same—yet it all pales in significance when touched by God's story. That's why I'm committed to continuing to tell God's story of redemption,

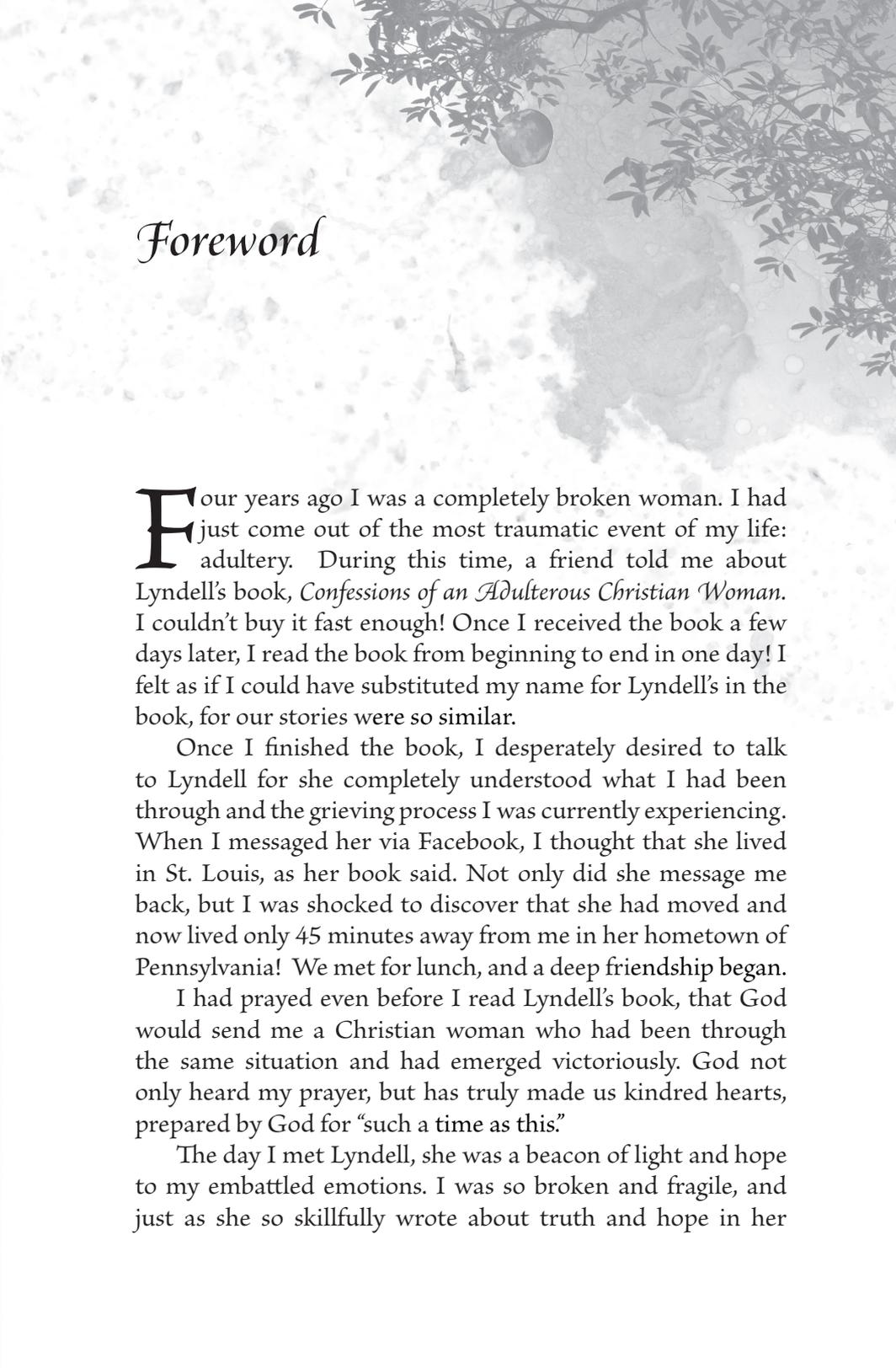
restoration, and reconciliation. If one life, one marriage can be saved because of my story transformed by HIS story then I'll bear any judgment or difficulty that comes my way.

1 Timothy 1:15-17 perfectly describes my life, my mission, and my praise:

How true it is, and how I long that everyone should know it, that Christ Jesus came into the world to save sinners—and I was the greatest of them all. But God had mercy on me so that Christ Jesus could use me as an example to show everyone how patient He is with even the worst of sinners, so that others will realize that they, too, can have everlasting life. Glory and honor to God forever and ever. He is the King of the ages, the unseen one who never dies; He alone is God and full of wisdom. Amen.

Dear friend, if you have lost your way, you will find help, hope, and healing in these pages. You need not live in bondage or despair any longer. This book in your hands was not a random act. I believe it is a God thing, for He wants to restore your life so that you too can reveal His redemptive grace and healing power. My prayer for you as you absorb His story in the following pages is from Ephesians 1:18: *I pray that your heart will be flooded with light so that you can see something of the future he has called you to share.*

God's Blessings upon you my Friend,
Lyndell Hetrick Holtz



Foreword

Four years ago I was a completely broken woman. I had just come out of the most traumatic event of my life: adultery. During this time, a friend told me about Lyndell's book, *Confessions of an Adulterous Christian Woman*. I couldn't buy it fast enough! Once I received the book a few days later, I read the book from beginning to end in one day! I felt as if I could have substituted my name for Lyndell's in the book, for our stories were so similar.

Once I finished the book, I desperately desired to talk to Lyndell for she completely understood what I had been through and the grieving process I was currently experiencing. When I messaged her via Facebook, I thought that she lived in St. Louis, as her book said. Not only did she message me back, but I was shocked to discover that she had moved and now lived only 45 minutes away from me in her hometown of Pennsylvania! We met for lunch, and a deep friendship began.

I had prayed even before I read Lyndell's book, that God would send me a Christian woman who had been through the same situation and had emerged victoriously. God not only heard my prayer, but has truly made us kindred hearts, prepared by God for "such a time as this."

The day I met Lyndell, she was a beacon of light and hope to my embattled emotions. I was so broken and fragile, and just as she so skillfully wrote about truth and hope in her

first book, she spoke to me likewise in person that day. Like Thomas, I needed to see the nail scarred hands and wounded side and see her resurrected life in spite of what she had done. Lyndell showed me that kind of compassion as she sat and empathetically listened to my story, shedding tears with me. She shared some of her own story and the pain that surrounded her affair then gently, yet authoritatively, pointed me in the direction I needed to go.

Lyndell is an amazing writer, but she is also a gifted teacher of the Word of God. Sitting under her teaching, whether through her books or in person, is an honor. The scriptures and truths that she shares have not only been carefully studied by Lyndell, but have been learned, on her knees, through life's circumstances and through her obedience.

One word that describes Lyndell is, surrendered. As she wrote about in her book, she made a decision years ago to completely trust Jesus in every way, following wherever He would lead. She risked everything on Jesus, as the Lover of her soul, and her life radiates with the fruit of that commitment. She and her husband, David, have been a great source of hope to my husband and me as to what God can do in a marriage when you completely trust Him.

Lyndell patiently coaxed me along every step of the way, especially when I would find myself floundering in a torrent of emotions that accompanied the ending of my deeply emotional affair. Lyndell always pointed me to the truth of God's Word, to listen to the Holy Spirit, and encouraged me to make Jesus the object of my affection.

It is with great expectation that I look forward to the release of this new book! Lyndell has prayed for and prepared this message for years after spending many hours of listening to women's tragic stories that resulted from their sin of adultery and the loss of all they cherished. Lyndell's heart is for the Christian woman who is hiding in the church pews

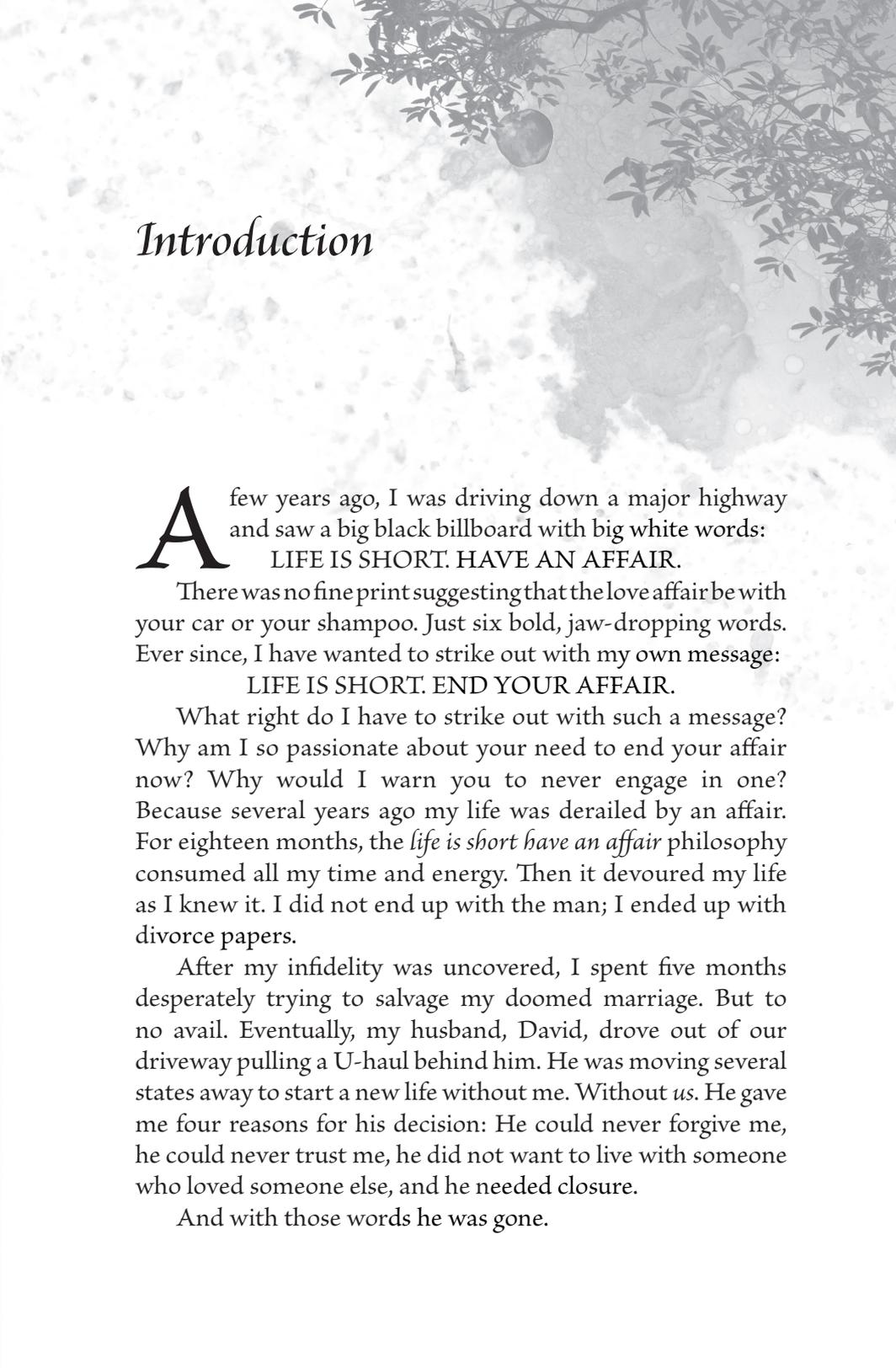
or outside the church doors who has committed adultery or is considering it as a way to escape from a painful, loveless marriage. Her message is a neon sign that can point your way back to your true desire and true love, Jesus Christ. If you will only heed the wisdom she shares.

I am grateful for the grace and mercy that the Lord has shown me when I turned away from the deception of adultery, which ultimately led to a brand new life for me and my husband. I could not have imagined four years ago that I would be where I am today. God has used Lyndell in my life to remind me of who I really am in Him, so that I could be free from the bondage of adultery. God is extending that same gift to you through her book. As you read, may her words lead you to the only One who can heal you, strengthen you, and set you free from the snare of adultery because you finally chose to place your trust and hope in Him.

Blessings,

Julia Allman

Author of *That's Not Who You Are*



Introduction

A few years ago, I was driving down a major highway and saw a big black billboard with big white words:
LIFE IS SHORT. HAVE AN AFFAIR.

There was no fine print suggesting that the love affair be with your car or your shampoo. Just six bold, jaw-dropping words. Ever since, I have wanted to strike out with my own message:
LIFE IS SHORT. END YOUR AFFAIR.

What right do I have to strike out with such a message? Why am I so passionate about your need to end your affair now? Why would I warn you to never engage in one? Because several years ago my life was derailed by an affair. For eighteen months, the *life is short have an affair* philosophy consumed all my time and energy. Then it devoured my life as I knew it. I did not end up with the man; I ended up with divorce papers.

After my infidelity was uncovered, I spent five months desperately trying to salvage my doomed marriage. But to no avail. Eventually, my husband, David, drove out of our driveway pulling a U-haul behind him. He was moving several states away to start a new life without me. Without *us*. He gave me four reasons for his decision: He could never forgive me, he could never trust me, he did not want to live with someone who loved someone else, and he needed closure.

And with those words he was gone.

I'll never forget the day he drove out of my life, hauling 25 years of marital history behind him. I walked into the house, my knees buckled and I dropped to the floor. Holding my head in my hands, I wept in despair and disbelief. This was not what I had wanted! I couldn't believe my marriage was over.

If you are thinking this is over-the-top dramatic, you're right. Nothing rips you apart like witnessing your sixteen-year-old daughter burst into the house after watching her dad drive away, stumble up the stairs to her room to wail her heart out behind a slammed door and knowing you are to blame. We were both undone.

My 4 year old grandson has a wise saying when troubling circumstances occur in our lives: "It happens. It happens, Nanny." Yes. Adultery, affairs happen. It happened to me because I was naïve and not at all on "affair alert." I was in my marriage for the long haul even though it was often unfulfilling. Yet somehow I found myself blindsided by a friendship that turned romantic, and the rest is a sad story repeated all too frequently.

I could tell you so many stories of "It" happening to others and so could you. If it's not your own personal story, you know someone else's. And your race, faith, education, economic status, or career does not make you immune. I was a respected high school teacher. I was a Christian. A Bible study leader. A devoted mother of four. An attentive wife. I was the last person anyone would ever believe would do "it".

One thing we know: affairs are no respecter of persons.

If you are in the midst of an affair right now, I know you are unwilling to face that your affair can be the single thing that ruins your life and ending it seems unthinkable. If you have never had an affair, I know you cannot imagine how it can burn up the life you live and leave you standing in its ashes. I

pray this book puts you on “affair alert” so that you never travel the road of adultery. For after the ravages of an affair, life is not too short; rather, it is painfully too long for the consequences can be far-reaching and shattering.

Having experienced the devastating consequences of an affair, my desire in writing this book is to spare you from such consequences, or to help guide you through them. I wish that during one of the numerous times I tried to end my affair (only to fail again and again), I would have had a book like this that would have slapped me upside the head and brought me back to earth. For the words I share with you are down to earth, intended to take you back to the basics of fidelity, love and, if it applies, marriage. If you let it, this book will cut out the fluff, cut to the chase, and get you back on the right track. That is, if you long for that as I eventually did.

Bondage and misery are what defined me when I bought into the godless mindset of today’s culture. It led me to leave the high road of honoring God and my marriage to rub elbows with countless others who justified their affairs by thinking that life is too short (too boring, too unhappy, too whatever). However, God never leaves us where He finds us. He found me broken by my sin of adultery but left me unbroken by His marvelous grace. He found me shipwrecked, but He lovingly pulled me from the wreckage and rebuilt my life. Without God, without His sobering truth and the promises of His Word blazing a trail into the depths of my soul, burning away all the worldly fluff and planting redemption, restoration, and reconciliation in its place, I would not be where I am today: whole, free, and happy.

Someone who knows the truth and is far wiser than I about such things once said:

Enter through the narrow gate [the faithful gate]; for wide is the gate [of unfaithfulness] and broad is the

road that leads to destruction, and many enter through it. But small is the gate and narrow the road that leads to life [real Life] and only a few find it (Matthew 7:13-14, emphasis added).

God's words are the best when it comes to cutting out the fluff and cutting to the chase. His words alone point us to the path of what constitutes real life, and it is not in having an affair. Yes, I know, it feels so right, but on so many levels it is so grievously wrong.

So journey with me—back to basics, back to decency, back to what is right and good. Let's put up a billboard right in the midst of each life, each marriage that shouts,

LIFE IS SHORT. HAVE A TRUE AFFAIR.

A true affair of the heart where you feel an.....

Awakening, that leads to

Facing the truth, that leads to

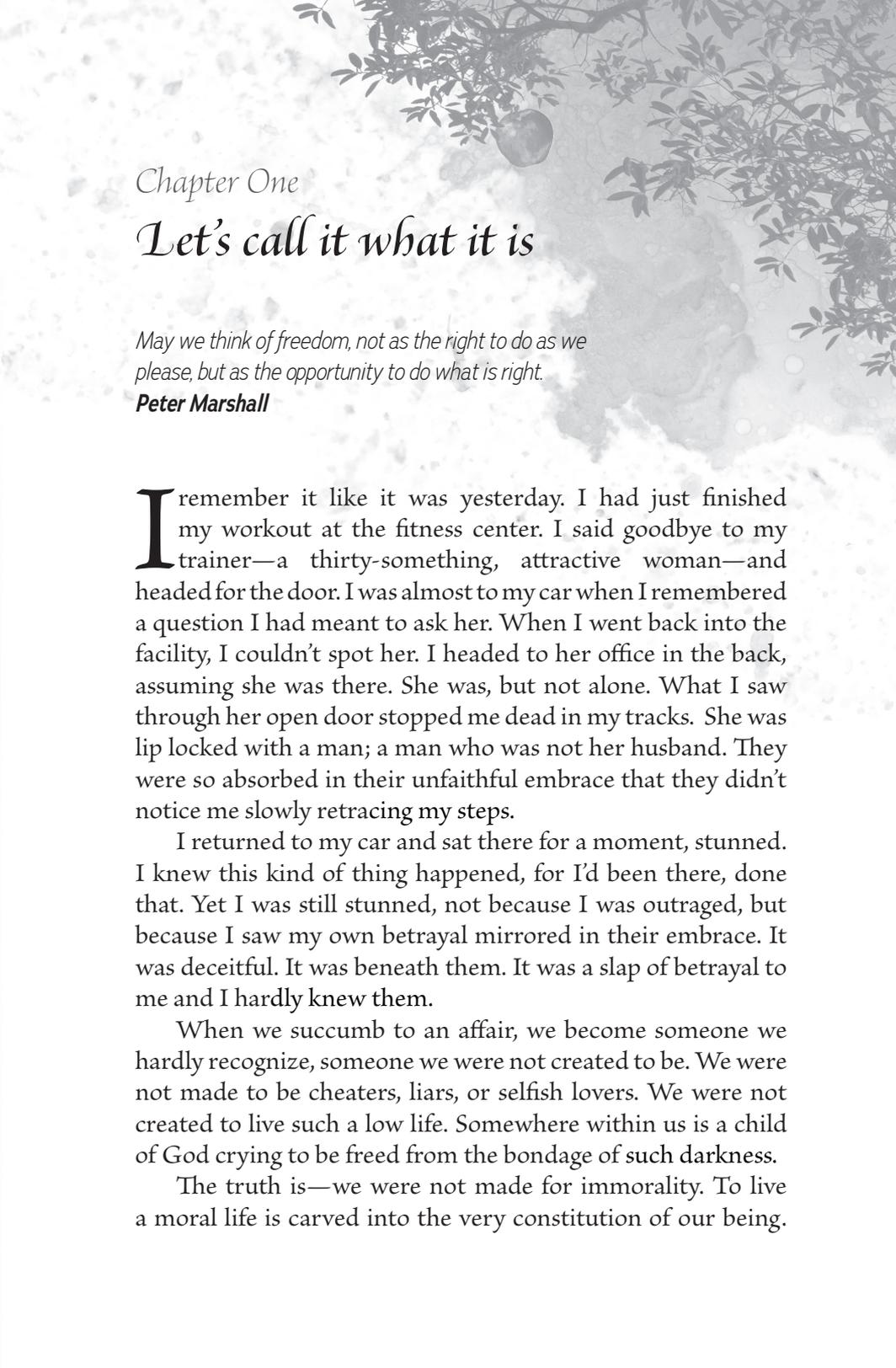
Faithfulness, that leads to

Accountability, that builds

Integrity, that leads to

Reconciliation with those you have betrayed.

It's the only way to real life, to real love, to real happiness.
And I want to help you find it.



Chapter One

Let's call it what it is

May we think of freedom, not as the right to do as we please, but as the opportunity to do what is right.

Peter Marshall

I remember it like it was yesterday. I had just finished my workout at the fitness center. I said goodbye to my trainer—a thirty-something, attractive woman—and headed for the door. I was almost to my car when I remembered a question I had meant to ask her. When I went back into the facility, I couldn't spot her. I headed to her office in the back, assuming she was there. She was, but not alone. What I saw through her open door stopped me dead in my tracks. She was lip locked with a man; a man who was not her husband. They were so absorbed in their unfaithful embrace that they didn't notice me slowly retracing my steps.

I returned to my car and sat there for a moment, stunned. I knew this kind of thing happened, for I'd been there, done that. Yet I was still stunned, not because I was outraged, but because I saw my own betrayal mirrored in their embrace. It was deceitful. It was beneath them. It was a slap of betrayal to me and I hardly knew them.

When we succumb to an affair, we become someone we hardly recognize, someone we were not created to be. We were not made to be cheaters, liars, or selfish lovers. We were not created to live such a low life. Somewhere within us is a child of God crying to be freed from the bondage of such darkness.

The truth is—we were not made for immorality. To live a moral life is carved into the very constitution of our being.

We were created to be kind and fair to others. To live rightly, reflecting the goodness of God. And when we don't live that kind, good, and faithful life, deep down inside we know it. We cannot escape the damage it is doing to our precious souls, which cry out to be free and at peace. It's the same tragic feeling we get when we go to the zoo and see the mighty lion pacing restlessly in circles behind bars. She was created to be free, but she lives in bondage.

Let's Cut to the Chase: *When in the grip of an affair, we become like that mighty lion: born to be free and strong, yet trapped by prison bars of untamed passions that seem inescapable.*

Nowadays, we think the Ten Commandments are old-fashioned and out of touch. Yet one of the Ten admonishes, "You shall not commit adultery" (Exodus 20:14). There is an excellent reason for this. The Ten Commandments are given to us because God loves us. They are divine boundaries given to protect us, for God knows more than we know that in this fallen world we will have senseless, unavoidable pain. Therefore, to obey the Ten Commandments, or to obey God, is to be spared from *needless, avoidable* pain. And make no mistake: adultery is synonymous with the word *pain*, for adultery brings needless, unavoidable pain to both the betrayed and the betrayer.

I will unpack more fully the pain hidden in adultery as you read on but, for now, realize that when we are swept up in the passionate throes of an affair we only see the passion, not the pain. It is only when we see the shock and hurt in the eyes of the one betrayed that we witness the pain that is always hidden in the affairs of adultery. The day my husband discovered my affair is forever etched in my mind. I watched him fall back against our bedroom wall, slump to the floor, hold his head in his hands and weep uncontrollably. I held him, rocked him, and wept too, thinking, "Oh God, what on earth have I done?"

I find it ironic that the word “fair” is in the word affair, for there is nothing *fair* about it. To anyone. If you want to live a life that is truly fair and be made free from the chains of undisciplined passion, the first step is to face the truth. Call your affair for what it truly is: Adultery. Adults foolishly fooling around with the *kiss of death*. With **unavoidable, unimaginable** pain.

God often sends us a beautiful gift wrapped in unattractive paper; whereas, Satan will send us a bitter gift wrapped in beautiful paper.

Lyndell Hetrick Holtz

Let's Cut to the Chase

If you are currently involved in an affair or strongly tempted to become involved in one, write a small paragraph describing your conduct. But make sure you use words that accurately describe it for what it is: unfaithful, deceitful, betrayal, flirting, lying, etc. Tell the truth. Begin here:

My name is _____ and I am an adulterer (or am tempted to commit adultery).

After you have written the truth about your conduct, look into a mirror and read the words you just wrote. How does reading these words make you feel? Don't be guilty of the words in James 1:22-25:

Do not merely listen to the word, and so deceive yourselves. Do what it says. Anyone who listens to the word but does not do what it says is like someone who looks at his face in the mirror and, after looking at himself, goes away and immediately forgets what he looks like. But whoever looks intently into the perfect law that gives freedom, and continues to do it—not forgetting what they have heard, but doing it—they will be blessed in what they do (bold emphasis added).

There is only one way to freedom and peace and it starts by looking at the face in the mirror and truthfully acknowledging what you see. If you detest what you see and want to change what you see, there is hope for you—*if* you have the courage to walk away from the destructive course you are on. Read on my friend, and we will travel the road to freedom together.